

What Can We Do Together?

Simple Actions for Cleaner Air

Switch to Cleaner Cooking Methods

Use gas or improved cookstoves to reduce smoke.



Avoid Burning Trash

Dispose of waste safely to prevent harmful smoke.



Plant Trees

Trees clean the air and provide a cooler environment.



Advocate for Change

Join local groups to demand better air quality policies.

Clean air begins with you. Take small steps today for a better tomorrow!

We're Here to Support You



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Together, we can create a clean and better life for Nairobi families.

Clean Air, Healthy Life

Protecting Your Health from Air Pollution

Discover how air pollution impacts your health and what you can do to make a difference!



What is Air Pollution?

Understanding Air Pollution

Air pollution is made up of harmful substances in the air we breathe.

Sources in Nairobi slums



- Smoke from cooking fires.



- Burning plastic and waste near homes.



- Exhaust fumes from matatus, motorcycles, and factories.

Pollution may be invisible, but its effects are real.

How Does Air Pollution Affect Your Health?

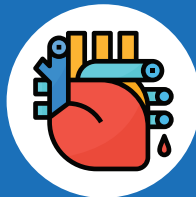
Your Health and Polluted Air



Lungs

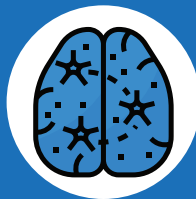
Pollution causes coughing, asthma, and lung infections.

Children and the elderly are most affected.



Heart

Tiny particles in polluted air increase the risk of heart attacks and strokes.



Brain

Long-term exposure can affect memory and children's learning abilities.



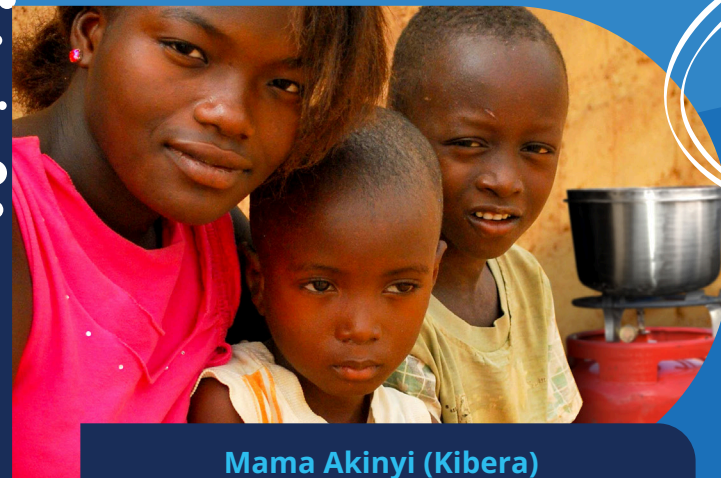
Pregnant Women and Babies

Unborn babies may face health problems due to polluted air.

Clean air is essential for good health. Protect your family!

Real Stories from Our Community

Testimonials



Mama Akinyi (Kibera)

"I switched to using a clean gas stove, and my child's breathing problems reduced."



Mutiso (Mathare)

"I stopped burning trash near my house after learning how it affects my family's health."